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PREPARE TO BE CONSUMED BY CRONENBERG...'S DEBUT NOVEL

IN A FIRST FOR THE MASTER OF BODY HORROR, CANNIBALISM TALE TO TRANSFIX YOU USING ONLY WRITTEN WORD PAGE 14

Alleged drug dealer walks over police 'deception'

Judge says cop 'deliberately fabricated' encounter to speed up process PAGE 4

Protesters defy tear gas, stand strong in Hong Kong

City's chief executive denies rumour that the Chinese military may intervene PAGE 9

Balancing work and life (when one is so much heavier)

Professor researches best techniques; plus, how two professionals do it PAGE 19

Toronto app lets doctors discuss the gory details

Figure 1. App expands on the informal 'corridor consult' doctors use to get colleagues' advice

Figure 1 should come with a viewer advisory.

That's because this social-media app, a sort of Instagram for health-care professionals, is definitely not for selfies and cute kitties.

Scroll through the uploads of the day and you'll find photos of raw, red ripped flesh, hideous skin diseases and probes of places where only latex-covered instruments should go.

"Spend a morning in a busy emergency room and you'll see images like that all morning long," says Dr. Joshua Landy, 33, a critical specialist at Scarborough General Hospital and the brains behind Figure 1.

His app is both an educational resource and a medical crowd-sourcing tool. Post an image of a brain scan that has ominous dark shadows and seek second, third and fortieth opinions. Upload an X-ray of a shattered elbow and discuss how to mend it. Put up a picture of an oozing, unsightly rash and challenge medical students to identify it.

Sometimes, even the doctors go: "Yikes!"

It's all about expanding the expertise, or taking the informal process doctors call the "corridor consult" online.

"It's like passing somebody in the hospital corridor and saying: 'Hi, let me ask you a question, I have a patient with x, y, z,'" explains Landy. "You discuss the hard cases, you compare notes and you ask each other questions about the cases that you have seen."

Figure 1 has doubled its registered medical-professional users to 150,000 since early August, when it got a $4-million US injection from the New York City-based Union Square Ventures. Its portfolio includes a wide range of social-media start-ups — everything from Twitter to Tumblr.

That investment came on top of the $2 million Canadian that launched Figure 1. The app was co-founded by Landy and his partners, Ryerson University's Gregory Levey, who runs the business end, and Richard Penner, a tech wiz who used to be with Kobo.

The app launch turned out to be more complicated than the trio had anticipated.

Not so different

A 2014 survey published by the Canadian Medical Association found that nearly 40 per cent of physicians had joined an online medical community, 45 per cent had participated in online discussion forums and 96 per cent had Googled for medical information.

"The legal process was a nightmare. Privacy and health care — the worst thing we could do was screw that up," says Levey. "So we got really good and really expensive health-care lawyers."

By May 2013, their product, named for how medical drawings and photos are titled in textbooks and journals, was launched.

Although anybody can view the posts, only verified health-care professionals can actually interact.

One Figure 1 employee is tasked with checking identities and credentials. As the app grows in popularity in the English-speaking world and beyond, that becomes more difficult because of different legal and professional jurisdictions. TORSTAR NEWS SERVICE

WELL, ONE FAN'S HAPPY

The Blue Jays' Jose Bautista tosses his batting gloves to a fan after the Jays were defeated by the Baltimore Orioles 1-0 in the last game of their AL season in Toronto on Sunday. The Jays' playoff drought now stretches to 21 years, the longest in the majors by nearly a decade. See story, page 20.

FRED THORNHILL/THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1
WORLD BEATS
The 13th annual Small World Music Festival, celebrating beats from Serbia, India, Trinidad, Iran, Germany, Pakistan and more, runs until Oct. 5. Go to smallworldmusic.com for info.

2
PALESTINE FILMS
The Toronto Palestine Film Festival runs through Oct. 3 at the TIFF Bell Lightbox, the AGO Jackman Hall Theatre, Beit Zatoun and Cinestarz. Go to tpff.ca for info.

3
BIGGEST HIT YET?
Justin Bieber — or at least his lawyer — is expected in court today on the pop star's charge of dangerous driving and assault after an Aug. 29 collision between a minivan and an ATV.

4
MORE ACTION
Alex Neve, head of Amnesty International Canada, is expected to join First Nations groups in Ottawa today to discuss the shortfall in addressing violence against indigenous women and girls.

5
BACK TO TARA
Rhett Butler may not give a damn, but fans of Gone with the Wind were more than happy to see the 1939 classic return to movie theatres this weekend for its 75th anniversary.

Can Rob's cancer diagnosis earn Doug sympathy votes?

Tricky. Political analyst says many factors affect how big of an impact unexpected tragedy has on voter behaviour

When U.S. president Ronald Reagan's popularity surged in the polls after his cancer surgery, pundits chocked it up to public sympathy.

Political analysts applied the same logic in their assessments of why India's Rajiv Gandhi swept into the prime minister's office following his mother's assassination in 1984.

Rob Ford's cancer diagnosis has some wondering if his condition will translate into sympathy votes for his harder-edged brother, Doug Ford, who has replaced him on the ballot for mayor.

A snap poll done on the day Rob Ford dropped out showed support for Doug Ford climbed during his emotional first campaign speech.

Pollster Forum Research noted a jump in the mayor's own approval rating, to 40 per cent from 34 per cent, "in what is clearly a sympathetic response to his illness."

Prior to the mayor's attendance at Ford Fest on Saturday, numbers showed that support for his brother was languishing. The latest Ipsos-Reid poll, commissioned by Global TV, placed Doug Ford in a tie with Olivia Chow — both captured 26 per cent support — while Tory took the lead with 48 per cent.

Another poll, conducted last Monday exclusively for the Toronto Star and Citytv, also named Tory as the candidate to beat, with 38 per cent support. Ford and Chow trailed the frontrunner by seven and 13 points respectively.

Then the mayor appeared, looking pale, at the weekend Ford Fest barbecue, speaking briefly and telling the brothers' ardent supporters "I love you, Ford Nation." Might the moment turn Doug Ford's campaign around?

U.S. politics professor Amy Jasperson has examined the "sympathy effect" in political campaigns.

Understanding voter behaviour, such as whether a sudden tragedy translates into sympathy votes, defies simple explanation, she said. Media coverage, the severity of the tragedy, the strength of partisan voters, expectations, voter turnout and the candidate's strategic decisions are all factors in the outcome of an election.

What does appear critical is the amount of time that passes between the bad news and voting day. "As more time passes, the greater the likelihood the sympathy effect will disappear," she said.

Jasperson found many purported examples of voter compassion in all realms of cultural discourse, from sports and entertainment to politics.

Jasperson said she will be following the Toronto election campaign with great interest.

"Rob Ford's health battle is sad news," she wrote in email. "It does not appear at this point that it will ultimately change the winner of the campaign, but it may generate from his opponents more cautious, issue-focused campaigning."

TORSTAR NEWS SERVICE

Mayor Rob Ford kisses his daughter Stephanie as he stands with wife Renata after addressing the crowd at Ford Fest in Toronto on Saturday.
CHRIS YOUNG/THE CANADIAN PRESS

Not ever-lasting

"As more time passes, the greater the likelihood the sympathy effect will disappear."
U.S. politics professor Amy Jasperson

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Judge slams T.O. cop for 'fabricated' drug evidence

Court. Accused drug dealer acquitted after detective 'concocts' drug sale, judge rules

The confidential informant's tip was alarming: A Markham convenience store was peddling more than milk and eggs; if you knew to ask a certain employee, he would hook you up with heroin. The informant told Toronto police he had bought some himself.

So in the early morning of Oct. 1, 2012, Const. Robert Warrener, a 20-year Toronto police veteran and member of the drug squad, pulled into the Daisy Mart lot, parked where he could see the store and the employee's grey Toyota, and settled in to watch. His goal was to witness activity that would back up the informant's claims, in turn providing vital evidence police needed to obtain a search warrant.

Warrener later told a court that within a half an hour, he witnessed the target employee leave the store, walk to his car, meet a "black man in a leather jacket," and make an exchange — an interaction the police officer judged to be a hand-to-hand drug deal.

Five hours later, police had court-approved search warrants for the store, the employee's house and his car. They seized cocaine, heroin and crack cocaine, oxycodone, nearly $6,000 and a Taser. They arrested and charged the employee, 35-year-old Pankaj Bedi, with drug trafficking and weapons possession.

The only problem? The drug sale that gave the green light for it all never happened, Ontario Superior Court Justice Beth Allen ruled this week.

In a scathing indictment of Warrener, Allen threw out all the evidence against Bedi, saying the Toronto officer had "deliberately fabricated" the drug transaction — "inexcusable deceptive conduct" that led to "unlawful" searches resulting in Bedi's arrest, she wrote in her ruling, which was delivered on Thursday.

Without the evidence, the Crown had no case. Bedi, who has a prior criminal record for weapon possession, was acquitted Thursday.

"Taking the shortcut through deception is no replacement for good police work. Time, patience and a more dedicated investigation might have served the police well and culminated in a different result," Allen wrote.

"I find the nature of this police action to be on the more extreme end of the spectrum of seriousness. The court cannot be seen to condone this conduct and must dissociate itself from it."

Torstar News Service could not reach Const. Warrener for comment. Toronto police have launched a Professional Standards investigation, said police spokesperson Meaghan Gray. TORSTAR NEWS SERVICE

Quoted

"Taking the shortcut through deception is no replacement for good police work."

Ontario Superior Court Justice Beth Allen wrote in her ruling

Segway-ing into something greener

A young visitor learns about innovative green forms of transportation, such as the Segway, from an Ontario Science Centre host during the centre's fifth annual Community Day on Sunday. There was free admission on Sunday, which also marked the Science Centre's 45th anniversary. CONTRIBUTED

Battle for Mississauga: Who will replace Hazel?

Bonnie Crombie, left, and Steve Mahoney TORSTAR NEWS SERVICE

With a month to go before the municipal election, Mississauga voters are facing a historic decision: Who should they elect to replace Hazel McCallion and move the country's sixth-largest city into a new era?

There are two clear frontrunners, Bonnie Crombie and Steve Mahoney. Here is a brief look at key planks in their transit platforms:

Crombie's "Mississauga Moves" is a 20-year plan to build 100 kilometres of rapid transit coverage (combining new and existing lines) throughout the city.

The already planned Metrolinx Hurontario Light Rail Transit line from the Port Credit GO Train station just north of Lake Ontario in the south all the way to the city's northern border with Brampton will be the main corridor that other rapid transit lines connect to.

Five new GO stations would be built on the existing Kipling GO line, which Crombie wants electrified for faster service.

The unique part of her transit plan is a proposed 15-station northern LRT (or a BRT) line connecting Pearson's airport terminals.

Mahoney's 25-year "Move Mississauga" transit plan is not as far-reaching as Crombie's. Mahoney focuses on connectivity to the city's employment bases, with most of his proposed rapid transit expansion aimed at getting people who live in Mississauga and beyond to existing office hubs and future employment areas to be developed along transit corridors.

Like Crombie, Mahoney supports the already planned Hurontario LRT. But unlike his opponent's plan for LRT or bus rapid transit lines, Mahoney is proposing five high-occupancy vehicle (HOV) corridors: Three east-west ones along Dundas St., Burnhamthorpe Rd. and Eglinton Ave.; and two north-south ones along Erin Mills Pkwy. and Hurontario St. HOV access will be during peak traffic periods and buses will also use the lanes.

He's also proposing a 20-kilometre rapid northern rail link along Hwy. 401 between the airport corporate centre and the Meadowvale business park, with one stop in between on the planned Hurontario LRT line. TORSTAR NEWS SERVICE

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15-year sentence for Canadian in Cuba 'outrageous,' MP says

A Canadian businessman sentenced in Cuba to 15 years in prison on corruption-related charges should be sent back home, said a Toronto-area MP who called the conviction a "travesty of justice."

Cy Tokmakjian, who owns of the automotive company, Tokmakjian Group, could be expelled from the Caribbean country or transferred to a Canadian facility instead of serving out his sentence there, Peter Kent said Sunday.

"It's obvious an appeal is a waste of time given the Cuban justice system," Kent said.

The company said its lawyers were notified Friday that Tokmakjian, 74, was convicted on a variety of charges that Cuban officials call part of a widespread campaign against graft. He was held for more than two years before being tried in June.

Kent, whose Thornhill riding includes the company's headquarters, said the sentence is "outrageous," but not entirely unexpected. Tokmakjian's family "hasn't given up hope," but worries because he is in poor health, said the MP, who has known them for years.

Quoted

"We want to get him home as soon as possible."

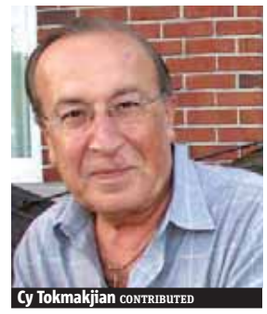
Peter Kent, MP for the riding of Thornhill, talks about the sentencing of Canadian businessman Cy Tokmakjian in Cuba.

Kent said the case is "a very strong reminder that international investors should beware" when dealing with Cuba.

Foreign Affairs says consular services are being provided and officials are in contact with authorities in Havana.

The company issued a statement earlier this year saying Tokmakjian did nothing wrong and suggested he didn't get a fair trial. The company's Cuban offices were raided in 2011 as Cuba launched an anti-graft drive that has swept up foreign business executives from at least five nations, as well as government officials and dozens of Cuban employees at key state-run companies.

More than 150 foreign business people and dozens of small South American and European companies have been kicked out of the country under the anti-graft drive. Cuba's judicial system is known for speedy proceedings behind closed doors with little or no media access. **THE CANADIAN PRESS**



Cy Tokmakjian CONTRIBUTED

Home praised for steel-frame technology

BONE. The house uses bones of recycled steel that are pre-cut to pop together like Lego

BONE Structure's president Marc Bovet outside the house at 1 Tottenham Rd.
COLIN MCCONNELL/TORSTAR NEWS SERVICE

Admirers of modern architecture came to Don Mills Saturday to inspect the first Toronto house under construction with a type of steel-frame technology that snaps together like Lego.

Instead of using traditional wood and nails to frame the structure, this house at 1 Tottenham Rd. has bones of recycled steel that are pre-cut and pre-measured to pop together. The innovative technology was developed by the Quebec company BONE Structure.

"What Tesla Motors and its electric car is doing to the automotive industry in terms of ecology, durability and sustainability, we are doing to the construction industry," said BONE founder and president Marc Bovet. The company has built 200 houses in Quebec with 200 more under construction, said Bovet.

The pre-manufactured components are used to suit the design, similar to a Meccano building set. And the pre-engineered and pre-cut pieces snap into place like Lego blocks, explained Eric Johnson, a designer at E2 Studio, the design and build firm involved in the five-bedroom Don Mills house. **TORSTAR NEWS SERVICE**

Men, Women & Children

Talk, don't tweet, filmmaker urges his viewers

Jason Reitman wishes people wouldn't let their fingers do the talking immediately after seeing his movie, titled Men, Women & Children, which explores lack of intimacy in the hyper-connected digital age.

Instant connection and social media can stand in the way of properly experiencing a film, Reitman says. When people instantly tweet out 140 characters as the credits roll, he explains, it only serves to "narrow down that experience to a few words in a tweet to show up everyone who follows us to say 'Hey, I saw it before you and here's my thoughts.'"

Men, Women & Children has a solid cast, including Rosemarie DeWitt, Adam Sandler, Kaitlyn Dever, Ansel Elgort, Jennifer Garner and Judy Greer, who explore the digital world's impact on sex lives and relationships.

"What I hope for in my film, you watch it, you think about it, and then you go to a bar and have a drink and a long talk about it," Reitman said. **TORSTAR NEWS SERVICE**

Magnotta trial starts today

Notorious. 32-year-old has pleaded not guilty in the gruesome slaying of 33-year-old student Jun Lin in 2012

The trial in one of Canada's most publicized and shocking criminal cases is set to begin Monday with evidence being heard in the proceedings against alleged murderer Luka Rocco Magnotta.

Magnotta, 32, has pleaded not guilty to five charges in connection with the slaying and dismemberment of Chinese engineering student Jun Lin in May 2012.

The charges are: First-degree murder; committing an indignity to a body; publishing obscene material; criminally harassing Prime Minister Stephen Harper and other members of Parliament; and mailing obscene and indecent material.

Trial judge Guy Cournoyer questioned potential jurors earlier this month about whether they could stomach evidence that could be considered gruesome, graphic and possibly upsetting.

Fourteen bilingual jurors will hear the case. They will receive instructions from Cournoyer before prosecutor Louis Bouthillier begins presenting the Crown's arguments.

The investigation was launched after the discovery of a human torso stuffed in trash behind a Montreal apartment building in May 2012. Body parts then began surfacing in different regions of Canada — first at a federal political office in Ottawa and, later, at two British Columbia schools.

A video that purportedly depicted a slaying was posted online around the same time and was linked by Montreal police to the discovery of the body parts.

Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van in 2012 in Mirabel, Que. Magnotta has pleaded not guilty to first-degree murder and other charges in the dismemberment and slaying of Jun Lin in May 2012. Magnotta's trial is set to begin on Monday. THE CANADIAN PRESS

Bouthillier has said up to 60 Crown witnesses could be heard at the trial, which is expected to last between six and eight weeks. Some Europeans could be called to testify.

The trial is likely to lure plenty of curious onlookers. During the preliminary hearing, the case attracted criminology students, legal junkies and even a handful of people who appeared to support Magnotta.

Diran Lin has attended several days of proceedings and has said he hopes to see justice for his son.

Jun Lin, 33, had been living in Canada only since 2011, realizing a long-standing dream by coming to Montreal. His family said in April 2013 that Lin had a comfortable life working in IT at Microsoft's Beijing office, but had sought a move to Canada to study and to improve his life.

THE CANADIAN PRESS

Endangered whales

Catastrophe ahead for St. Lawrence belugas: Expert

A researcher monitoring belugas in the St. Lawrence estuary is warning of a looming catastrophe after another difficult calving season for the endangered whale.

The belugas have been in a slow population decline for the past decade, according to Robert Michaud, the scientific director of Quebec's Marine Mammals Research and Education Group.

His team has found the carcasses of at least five baby belugas so far during the calving period.

"It's a catastrophic trajectory we're observing, and we don't yet know exactly what are the causes for that," he said.

THE CANADIAN PRESS

Ottawa

Memorial honours five officers killed in the line of duty

A two-gun salute thundered over Parliament Hill on Sunday as three Mounties killed in a shooting rampage in New Brunswick were remembered, along with a Toronto police constable and a Saskatchewan conservation officer who also died in the line of duty last year.

Hundreds of police and peace officers from across Canada marched onto the hill to honour the officers.

"They stood for us against those who would do harm to our country, our communities and our families," Public Safety Minister Steven Blaney said at the memorial.

THE CANADIAN PRESS

Montreal

5 hurt after propane tank explodes in residential building

A propane tank explosion in a Montreal apartment building has left five people injured, two critically.

Paramedics say the two severely injured people had burns on roughly 80 per cent of their bodies but no impact wounds, which are typical in explosions. A firefighter also suffered minor injuries.

Spokeswoman Lynn Duncan says the investigation has been transferred over to the force's arson squad to determine the cause of the explosion.

"The initial cause would be a propane tank explosion, causing a fire that was quickly controlled by the firemen," she said.

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Volcanic eruption in Japan kills more than 30

Mount Ontake.
First fatal disaster in modern times at popular climbing spot

Reaching the ash-covered summit of a still-erupting volcano in central Japan, rescue workers made a grim discovery Sunday: 31 apparently dead people, some buried in knee-deep ash.

Four victims were brought down and confirmed dead, one day after Mount Ontake's big initial eruption, said Takehiko Furukoshi, a Nagano prefecture crisis-management official. The 27 others were listed as having heart and lung failure, the customary way for Japanese authorities to describe a body until police doctors can examine it.

Officials provided no details on how they may have died.

It was the first fatal eruption in modern times at 3,067-metre Mount Ontake, a popular climbing destination about 210 kilometres west of Tokyo on the main Japanese island of Honshu. A similar eruption occurred in 1979, but no one died.

Rescue helicopters hovered over ash-covered mountain lodges and vast landscapes that looked a ghostly grey, like the surface of the moon, devoid of nearly all colour but the bright orange of rescue workers' jumpsuits.

Japanese media reported that some of the bodies were found in a lodge near the summit and that others were buried in ash up to 50 centimetres deep. Police said only two of the four confirmed dead had been identified. THE ASSOCIATED PRESS

Firefighters advance to rescue climbers near the peak of Mount Ontake in central Japan, Sunday. Mount Ontake erupted shortly before noon Saturday, spewing large white plumes of gas and ash high into the sky and blanketing the surrounding area in ash. Rescue workers on Sunday found more than 30 people unconscious and believed to be dead near the peak of the volcano, a Japanese police official said. KYODO NEWS/THE ASSOCIATED PRESS

Netherlands

Monster truck crashes into crowd, kills 3

A monster truck outfitted with tractor-sized wheels crashed into a crowd during a show in the Netherlands near the German border on Sunday, reportedly killing three people and injuring at least a dozen. Video footage of the incident shows the truck veering off course after driving over the top of a row of cars, then knocking down a guardrail and driving into a group of onlookers. THE ASSOCIATED PRESS

Halifax deck collapse

Police search property

Police say they have searched a Halifax property where a third-storey deck collapsed, leaving five people seriously injured. Officers say they executed a search warrant at the home on Brussels Street in the city's south end on Saturday. THE CANADIAN PRESS

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Pro-democracy protests in Hong Kong escalate into standoff with local police

26 taken to hospital. 'This is a long fight,' says a student protesting for reforms

A student protester is overcome by pepper spray from riot police as thousands of protesters surround the government headquarters in Hong Kong on Sunday.
WALLY SANTANA/THE ASSOCIATED PRESS

Pro-democracy demonstrators defied onslaughts of tear gas late Sunday and appeals from Hong Kong's top leader to go home, as the protests over Beijing's decision to limit political reforms expanded across the city by Monday morning.

Hong Kong's Chief Executive Leung Chun-ying reassured the public that rumours the Chinese army might intervene were untrue. "I hope the public will keep calm. Don't be misled by the rumours. Police will strive to maintain social order, including ensuring smooth traffic and ensuring the public safety," said Leung.

Protesters spent the night on the pavement, some flat on their backs asleep, others milling around as they watched for police. The sit-ins spread from the financial district, near the government headquarters, to other areas of Hong Kong in the strongest challenge yet to Beijing's decision to limit democratic reforms for the semi-autonomous city.

The scenes of billowing tear gas and riot police outfitted with long-barrelled weapons — rare for this affluent Asian financial hub — are highlighting the authorities' inability to assuage public discontent over Beijing's rejection last month of open nominations for candidates under proposed guidelines for the first-ever elections for Hong Kong's leader, promised for 2017.

Authorities announced some traffic controls and said some schools in areas near the main protest site would be closed, as Leung urged people to go home, obey the law and avoid causing trouble. After spending hours holding protesters at bay, police lobbed canisters of tear gas into the crowd on Sunday evening. The searing fumes sent demonstrators fleeing, though many came right back to continue their protest. The government said 26 people were taken to hospitals.

The protests began with sit-ins more than a week earlier by students urging Beijing to grant genuine democratic reforms.

"This is a long fight. I hope the blockade will continue tomorrow, so the whole thing will be meaningful," said Edward Yau, 19, a business and law student. "The government has to understand that we have the ability to undo it if they continue to treat us like we are terrorists."

University students began their class boycotts over a week ago and say they will continue them until officials meet their demands for reforming the local legislature and withdrawing the proposal to screen election candidates. THE ASSOCIATED PRESS

Pro-democracy protests

When China took control of Hong Kong from the British in 1997, it agreed to a policy that allowed the city a high degree of control over its own affairs and kept in place liberties unseen on the mainland. It also promised the city's leader would eventually be chosen through "universal suffrage."

- Beijing's insistence on using a committee to screen election candidates based on their patriotism to China has stoked fears that Hong Kong will never get genuine democracy.

Yves Fortier

Spy watchdog's past oil ties spark concerns

A civil liberties group is objecting to Canada's spy watchdog assigning Yves Fortier to investigate alleged spying on environmental activists, citing a conflict due to his former petroleum industry ties.

The British Columbia Civil Liberties Association's lawyer has written to the Security Intelligence Review Committee asking that Fortier "recuse himself from any participation" in the matter since he once sat on the board of TransCanada Pipelines — the company behind the Keystone XL project.

Fortier, one of three review committee members, was recently appointed to lead an investigation into the association's complaint that the Canadian Security Intelligence Service gathered and shared information about activists opposed to Canada's energy policies.
THE CANADIAN PRESS

THERE'S A LOT ON THE LINE
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Brand trials, triumphs and tribulations

HOW TO ROLL
Alison Griffiths
metronews.ca

September is often the best month for weather but the worst historically on the stock market. Not this year. Still, the thumbs had a lot to choose from in the September business and investing roundup.

Thumbs down:
Tim Hortons married Wendy's in 1995. That alliance was entirely one-sided, with Tim's propping up a failing fast-food business. Now there's a second marriage to Burger King. But wait — the matchmaker behind the union is actually 3G Capital of Brazil, which owns the Home of the Whopper.

The 3G merger machine loves buying winners then getting out the corporate scissors to cut, cut, cut to boost profits. 3G Capital, by the way, was responsible for the closure of the Heinz factory in Leamington, Ont.

The 3G knives have already been slashing at Burger King's operations, axing huge numbers of head-office jobs and dumping company-owned stores. Soon, that bit of fresh lettuce and tomato on your Tim's breakfast sandwich may be history.

Thumbs down:
Could American Apparel make things any worse for its brand image? Oh yes, it could. The hip clothing retailer fired its foot-in-mouth founder, Dov Charney, in June over alleged sexual harassment. Then, just to prove that the company does not condone the objectification of women or girls, it launched a back-to-school campaign with Lolita.

Come again? There's nothing like a photo of a mini-skirted, supposed schoolgirl bending over showing her undies and bottom cheeks to demonstrate that the company is serious about treating us gals in a respectful way.

The ad was promptly banned in British publications.

Thumbs up:
The 40 thieves did not accompany Chinese e-commerce giant Alibaba to the big board when its initial public offering (IPO) debuted on Wall Street 10 days ago. Instead, a good deal of fairy dust was flung about as the IPO hit the record books as the all-time biggest, raising $25 billion.

Tech investors are still smarting over Facebook's sad-sack launch in 2012. In contrast, Alibaba's liftoff has been a breath of fresh IPO air. While there are still worries about how real the company's figures are, there's no question that Alibaba has actual revenues and profits. Whew!

Compare and contrast

Is Canada selling or buying?

- **$428 billion**: The value of Canadian companies sold to foreign interests from 2004 to 2013.
- **$575 billion**: The value of foreign companies purchased by Canadians.

Air France. Pilots' union ends strike action

Air France's leading pilots' union on Sunday announced an end to a 14-day strike that grounded roughly half of the airline's flights.

After a late-night, 15-hour negotiating session with management, leaders of the SNPL pilot union walked away with no accord, but with the realization that the strike "is not an end in itself," said union spokesman Antoine Amar. The union was "taking up its responsibilities" and ending the walkout so that service can now resume and negotiations can continue peaceably, he said.

At the centre of the standoff are Air France's ambitions to develop a low-cost affiliate, Transavia.

The pilots' union started the strike out of concerns that management was looking for a way to outsource jobs to countries with lower taxes and labour costs.

THE ASSOCIATED PRESS

A pilot and Air France workers gather in front of the company headquarters as they demonstrate against the pilots' strike in Roissy, outside Paris, Wednesday. Slogans read "No to This Strike." CHRISTOPHE ENA/THE ASSOCIATED PRESS

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THINK TWICE BEFORE TOSSING CITY TRASH SERVICE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

During Toronto's 2010 mayoral election, everyone seemed to want to talk trash.

Like, literal trash. Waste collection. After the fun times of the 2009 municipal workers strike — and the associated garbage mountains in city parks — voters were ready for a change in the way the city handled their garbage business.

You know the rest. After Rob Ford's victory, city council awarded a contract to a private company to pick up residential waste in a district west of Yonge Street. The city's auditor says the move saved about $10.8-million per year.

Four years later, garbage isn't the hot topic that it once was, but it's still an issue worth considering as Toronto heads to the polls.

Mayoral hopeful Olivia Chow has stood alone on most debate stages as the only candidate not eager to further contract out the city's solid-waste collection.

John Tory and Doug Ford are all for letting the private sector handle 100 per cent of the city's trash.

At a glance, they'd seem to have a slam-dunk case. Money saved. Fewer strikes. What's not to like?

It doesn't help that Chow's arguments on the topic can come off as a bit muddled, what with her talk of garbage monopolies.

When she explained her views in a Metro interview earlier this year, she said, "I believe in competition; I don't believe in monopoly. Monopoly is not a good way to go if you want to have markets decide."

But here's the thing: Though it might seem counterintuitive, Chow has a worthwhile point.

For evidence, let's look to the City of Hamilton. Like Toronto, our friends in the Hammer have half their garbage picked up by public workers and half by private companies. Unlike Toronto, however, they've got no plans to change that.

Officials say that maintaining public involvement in waste collection has kept both private and public costs down. And reports back them up: In 2012, the public side actually bested the private side on the metric of per-household cost.

There's some logic to that.

The private presence keeps the public workers on their toes. And the public presence gives the city a stronger negotiating position with private bidders, because they have some capability to in-source service — something that wouldn't be true if a municipality contracted out all their waste collection and sold off trucks and equipment. Is that reason enough to hold the line on Toronto's garbage status quo? Maybe. Or maybe not.

The lesson from Hamilton would seem to be that things work better when there's some mix of public and private waste collection — the percentages of each can and should be debated.

Regardless, it's something well worth considering before any politician moves too quickly to take out the city's trash.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Pride protected

A gay activist holds a rainbow flag as he stands in front of Serbian riot police during a pride march in Belgrade Sunday. Thousands of police officers were deployed in an effort to protect the march that faced threats of attacks. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Serbia holds first pride march in four years

Waving rainbow-coloured flags, several hundred gay activists proceeded undisturbed through downtown Belgrade on Sunday thanks to the protection of thousands of riot police.

Skirmishes were reported between small groups of extremists and police during and after the march, with soccer hooligans attacking liberal B-92 radio and TV station with flares and smoke bombs. Two policemen were injured, the station said. Also, the hooligans set one public bus on fire with flares, according to police.

Belgrade Mayor Sinisa Mali joined the march together with several foreign diplomats and party leaders.

Officials allowed Sunday's event, despite fears of a repeat of the violence in 2010 when right-wing groups attacked a pride march in Belgrade, triggering clashes with police that left more than 100 people injured. THE ASSOCIATED PRESS

Symbolic

The march advanced for several hundred metres through empty streets where shops were closed and public transport was stopped. Still, it was important symbolically as a rare public event.

MetroTube

Doggone dogs, y'know?

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's no shortage of videos featuring dogs doing some damned fool thing, but every now and again, a dog pulls a bonehead bout of baffled behaviour that leaves even the people who know it best dumbstruck by what they've just seen. This is one of those videos. (Daniel Wirtz/YouTube)

ISTOCK

Comments

RE: Redbox Resurrects DVD Rentals to Canadians, published online Sept. 27, 2014

I can't even begin to make fun of this in a way that would place it into a properly ridiculed context. Instead, consider that this costs Redbox nothing and the poor franchisees that fall for the con, thou$ands.

Jeff200
posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Scene and page 20 in Sports.

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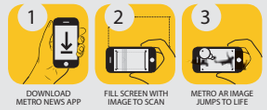

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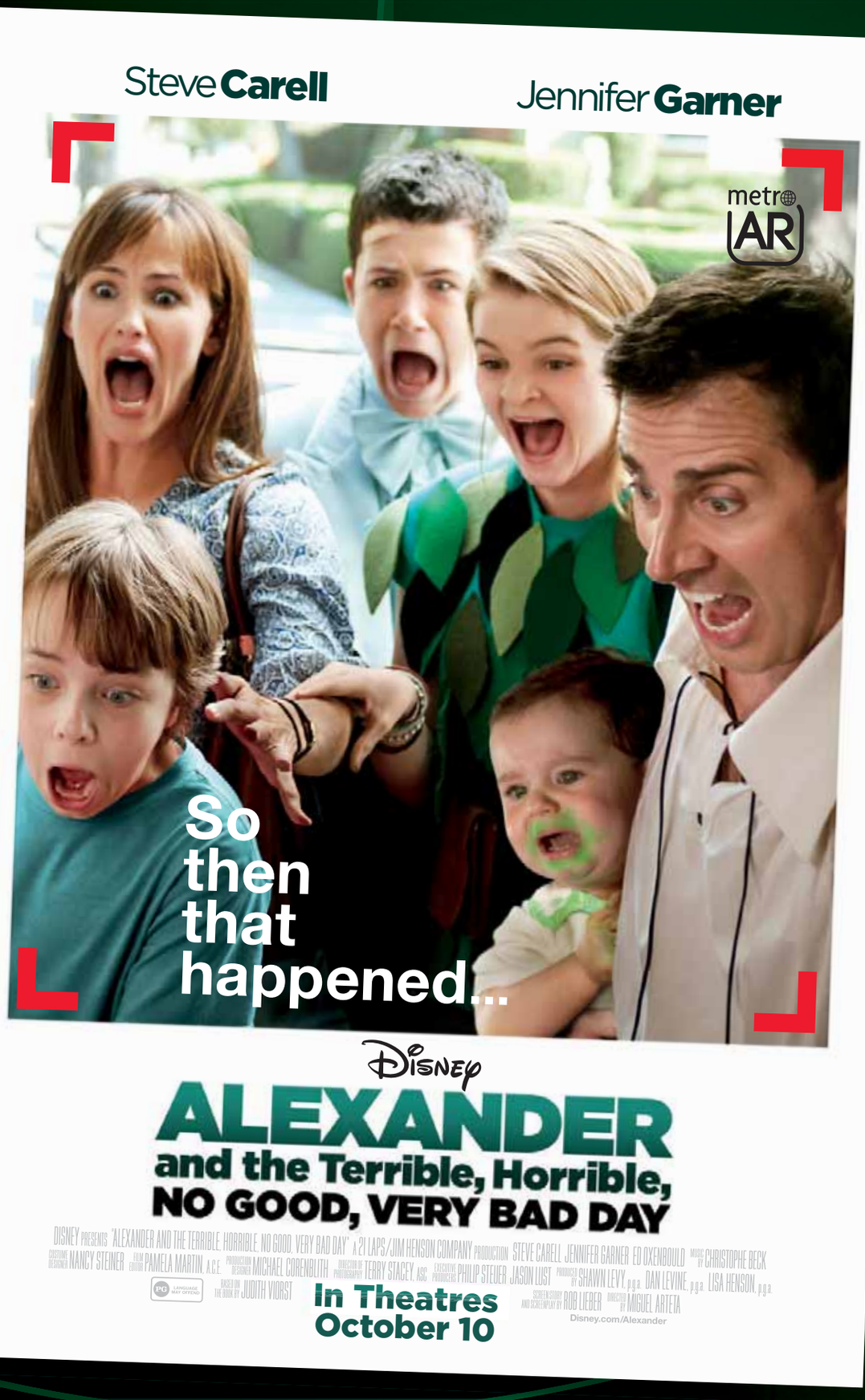

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Soundtrack

Former child soldier, actor to release album

The Good Lie star Emmanuel Jal is set to launch his fifth studio album The Key on Oct. 9th at Toronto's Tattoo Queen West.

Jal will be world premiering songs from his new 13-track album — which includes collaborations with Nelly Furtado.

Recorded in Kenya, Uganda, London, New York, Connecticut and Toronto, The Key seamlessly blends traditional African music with contemporary urban, hip hop and global pop music rhythms, while incorporating EDM, reggae/dub, soul and Afro beat elements.

Two songs from The Key (Scars and We Fall) are featured on The Good Lie soundtrack, a film that Jal co-stars in alongside Reese Witherspoon, and that premiered at TIFF (Toronto International Film Fest) in early September.

Jal has collaborated with and performed alongside numerous big acts including Peter Gabriel, Alicia Keys and Joss Stone, and had the honour of performing at the late Nelson Mandela's 90th birthday celebration in London. He has been featured on CNN, Time, USA Today, MTV, BBC, New York Times, Rolling Stone, NPR, Huffington Post, CBC (Strombo's The Hour, Q with Jian Ghomeshi), CTV's Canada AM and most recently appeared on the season premiere of The Queen Latifah Show on Sept. 15, where he got the Queen herself to dance to his buzzy Afro beat song Dusu, which appears on The Key.

METRO NEWS

Story of lost boys of Sudan a wrenching tale of humanity

The Good Lie. Actors have a special tie to true tale of child soldiers who escaped to settle in Kansas City — it was their own

AUSTEN GILLILAND
scene@metronews.ca

metro AR Reese Witherspoon and former child soldier and now actor Ger Duany bring to life the story of three child soldiers from Sudan in The Good Lie. Scan this photo with your Metro News app to see the trailer. CONTRIBUTED

A seemingly endless line of children trails across the horizon. Orphaned by civil war, they're walking — they hope — to safety. But they have hundreds of miles to go, and no guarantees of what they'll find along the way.

It's a scene from new movie The Good Lie, but it's far from fiction.

"I feel like it's my story being told on the big screen," said actor Emmanuel Jal.

"Emmanuel and I carried AK-47s just to live, before we even knew how to read and write," said actor Ger Duany.

Jal was born into the life of a child soldier; Duany was forcefully recruited. Eventually, they both joined the thousands of orphans who fled the brutal civil war that broke out in Sudan in 1983. Walking for months in search of sanctuary, those children became known as the "lost boys."

Those who survived the journey ended up in refugee camps in neighbouring Kenya and Ethiopia. About 3,600 of them were eventually relocated to the United States.

Jal and Duany, along with fellow Sudanese actors Arnold Oceng and Kuoth Wiel, bring the story of the lost boys (and girls) to life in The Good Lie. The movie traces the journey of four young Sudanese refugees as they flee the war, living first in a refugee camp and then ending up in truly unfamiliar territory: Kansas City, Mo.

Although life in the refugee camps was an improvement over life on the run, it still wasn't easy. "There was no electricity, no running water," said Duany. And the lucky few who made it to America faced a new set of challenges.

"Everything was new when we came here," said Duany.

Everything — from drinking straws, to light switches to toilets — was a mystery. The moments of discovery provide a bit of lighthearted relief in the movie, as the refugees gradually find their feet with the help of a no-nonsense employment counsellor played by Reese Witherspoon. Although Jer and Duany believe the story of the lost boys is an important one to tell, revisiting the past wasn't easy. Duany had hoped for years to act in a film depicting the struggles of Sudan's lost boys, but when the chance finally came, "I read the script and I collapsed. I threw it away, and I went to the bathroom to cry," he said. "I never thought this story would be told."

But it's worth it, he says. "This was horrible, it happened a long time ago, but we want to tell this story now," he said. "Because there is another story coming."

Jal agrees. "This film is not just about the lost boys," he said. "This is about humanity."

As well as raising awareness about the plight of Sudanese refugees, the actors hope the film will help raise funds to support the humanitarian and educational needs of the lost boys. Find out more about the Good Lie Fund at thegoodliefund.org.

The Good Lie opens in Toronto on Oct. 3, and across Canada on Oct. 24.

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Novel Cronenberg-style — eat, prey, lust

Consumed. Body-horror director realizes childhood dream with release of his first book — a tale of mutilation and cannibalism

Director David Cronenberg has released his first novel, Consumed.
EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

As a kid, body-horror master David Cronenberg thought he would become an author, not an auteur.

His father was a writer and Cronenberg says penning story and dialogue also came easily to him growing up in Toronto.

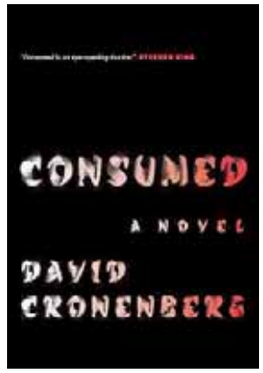
"If you had asked me when I was 16, I would have said, 'I'm sure I'll have published my first novel by the age of 21,'" the celebrated writer-director said in a recent telephone interview.

Fifty years after that target, that childhood dream has finally come to fruition with the publication of Cronenberg's debut novel, Consumed (Hamish Hamilton Canada, in stores Tuesday).

The story of two young journalists pursuing different but intersecting projects has all the hallmarks of a typical Cronenberg thriller — from body mutilation and cannibalism to science fiction and kinky erotica.

The crime mystery starts with Canadian journalist Naomi Seberg investigating a grisly case involving an illustrious pair of philosophers from Paris. Celestine Moreau and Aristide Arosteguy were seemingly happy in their unconventional marriage — until authorities announced she was found butchered and partially eaten in the couple's apartment, and he was a suspect.

As Naomi travels to Tokyo to find the missing Aristide, her boyfriend Nathan Math gets caught in a web of stories involving a Hungarian surgeon, his breast-cancer patient and a Toronto doctor who was the founder of a sexually transmitted disease that Nathan contracts.



Cronenberg, 71, said he started writing the labyrinthine tale eight years ago. The Fly director originally intended it to be a screenplay but it wasn't working, so he decided to turn it into a novel on the advice of Nicole Winstanley, president and publisher of Penguin Canada.

He made four or five movies during the writing process — including the upcoming Maps to the Stars, out Oct. 31 — and "would literally have to take a year away from writing the novel or more" before returning to it.

"It was a very strangely sort of segmented kind of writing, very odd, and probably not the way most people do it, and I would love to know what it would feel like to sit down and write a novel and see how long it took — a year, two years, whatever, and maybe that's what I'll do next," he said.

Yes, that means he'd like to write another novel.

"I really enjoyed it a lot," said Cronenberg. "It's so completely different from any other kind of writing I've done — screenwriting, primarily, and it's very, of course, different from movie-making in general, and yet you are dealing with the imagining in your mind of the characters, of the place. You're kind of moving characters around a room as they talk, and that is sort of like directing."

Cronenberg said he got the inspiration for Celestine and Aristide from the likes of Jean-Paul Sartre and Simone de Beauvoir, noting: "The idea of a philosopher as a public figure is very traditional in France, where you wouldn't find it in America."

France is where Cronenberg is an Officer in the Order of Arts and Letters and is the homeland of his favourite filmmakers of the '50s and '60s, including Jean-Luc Godard and Francois Truffaut.

THE CANADIAN PRESS

Book event

On Tuesday, Sept. 30, David Cronenberg will appear at the Isabel Bader Theatre, 93 Charles St. W., at 7 p.m. to launch his novel Consumed. The event will include a discussion with Geoff Pevere, followed by a Q&A and book signing. Tickets, including the book, are $32 and are available at penguinrandomhouse.ca/cronenberg.

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George Clooney and his wife Amal Alamuddin. LUCA BRUNO/THE ASSOCIATED PRESS

With Clooney gone, is next top bachelor Leo or Pauley?

George Clooney went and got himself hitched this weekend. So that means one thing: We need to hurry up and find Hollywood's Next Most Eligible Bachelor.

It's a tough act to follow, to be sure, but someone out there has to be at least nearly as adept at being rakish and charming, looking great in a tux and squiring an unyielding stream of enviable girlfriends while avoiding talk of marriage.

So, ladies, who is the new reigning king of single Hollywood? The smart money is on the ever-debonair Comedy Store heir Pauley Shore, who oozes confidence and sophistication. (Although Shore has some serious competition in A-list gala circuit fixture David Spade.) But our money is on Ryan Seacrest. Is that guy ever going to meet the right girl and settle down?

All joking aside, the real answer is noted environmentalist, serious actor type and serial model defiler Leonardo DiCaprio — which is a bit awkward, since Clooney isn't such a fan of the Great Gatsby star. Probably he would've much preferred Shore, but hey, that's not up to him. Enjoy the honeymoon, George!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lawrence finds Coldplay gigs are better than counting sheep

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence keeps turning up at boyfriend Chris Martin's Coldplay concerts. Lesson learned: If you find a cure for insomnia that works, stick to it.

James Blunt got married. Whatever. Sure. OK.

This week in celebrity activism: 1. Emma Watson delivers a passionate speech on gender equality at the UN. 2. Leonardo DiCaprio, Mark Ruffalo, Sting, Edward Norton and Evangeline Lilly participate in climate change marches. 3. Joseph Gordon-Levitt launches a project, inviting people to tell him what feminism means to them. 4. Matt Damon speaks at the Clinton Initiative. 5. Kim Kardashian posts a picture of Kanye West ("#MyFineAssHusband") and campaigns for a guest spot on Downton Abbey.

Jeremy Renner reveals he got married. Too bad. He's kinda hot.

Kris Jenner and Bruce Jenner are getting divorced. They've split everything down the middle: Kris gets the money and houses; Bruce gets away.

Tom Hardy secretly married. Noooooooooooo.

Zayn Malik of One Direction. GETTY IMAGES

One Direction terrorist joke goes south for Daily Show

The folks at The Daily Show with Jon Stewart have learned not to kick the hornet's nest that is One Direction fandom. Fans lit up Twitter with the hashtag #thedailyshowgonetoofar after Jessica Williams mentioned the group in a joke.

"Just as you were talking, a new terrorist group formed with one member each from ISIS, al-Nusra, al-Qaeda, Hamas, One Direction, and the Zetas drug cartel," she reported during the show.

Fans immediately assumed the show's writers were poking fun at Muslim group member Zayn Malik.

Some of the more choice responses included: "Don't try joking with our boys, because we are Directioners and we are mafia," "I suggest you take 8,381 steps back before I actually kill you" and "It's not funny to make jokes about terrorism in the first place."

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LIFE 3

Pick a destination to keep your financial plan on track

Where are you going? Your financial planning journey starts with a goal

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Figuring out your financial goals before you set out will keep you headed in the right direction. ISTOCK

Imagine that your best friend has invited you to stay at her cottage. She tells you it's "up north." That's it, no more info. That's how most people treat the management of their money. The destination is vague and they have no idea which way to go. I want you to think of a financial plan as a GPS device for your financial life. But before you can head off, you at least need to know where you want to end up!

While you have to know where you're headed to lay down a trip plan, if you change your mind, or if something throws you off track, you don't just stop or wander around aimlessly. Just as with a GPS, you recalculate your route. You figure out what you want to do next and head off.

To have the life you want, you need to know where you're going. This isn't about casting your life plan in concrete. It's about having a sense of your destination and some good directions. You need to put an address in your GPS before you can get started. That address is your goal.

You can have loads of dreams and just as many goals, but you can't possibly do them all at once. Time to prioritize. When you make your goals, identify what the most important thing on your list is. Label it No. 1. That's the thing you'll put the majority of your effort towards.

You can work towards more than one goal at a time, but you need to prioritize. No, you can't buy a house, have a baby and go back to school all at the same time. What's your Goal No. 1? Where do the others fit into your plans? Label whatever else you're working on as No. 2, No. 3, and so on.

Those goals have to be very specific. Be clear about what you want. Want to buy a home? What kind of house? Semi, condo, or fully detached? In the city? In the country? For how much? For $175K, $350K, $1.2 million?

Since, as I have been heard to say about a bazillion times, "a goal without a deadline is a dream," you have to add some dates.

Do you want to buy that home in two, three or five years? Again, the timeline isn't cast in concrete, but having it means you're serious about your focus.

Some goals have a short-term timeline, like saving for your sister's wedding. Some goals are medium-term, like putting together the down payment on a home. Some are long-term, like saving for retirement.

Patience and tenacity will get you where you want to go. Baby steps or great big leaps, you'll move at a different pace on different goals depending on what else is going on in your life. What's important is to keep moving forward.

If you've got kids who are babies, don't ignore the educational savings plan. Putting just a little away each month puts momentum on your side. It doesn't have to be a ton to start. But you have to start. It's the same with balancing debt repayment and savings. You can't just focus on your arrival time when you're heading to your destination, you have to watch road conditions and monitor your speed.

You want to get your student debt paid off. Great. You've got $31,000 worth of debt, and you want it gone in 24 months. Really? The principal alone will cost you $1,292 a month from your cash flow? Is that realistic? There's no point in setting goals you can't achieve. It's better to be realistic about your destination and when you plan to get there.

Don't expect things to go smoothly the whole way. C'mon, you know life isn't like that! You've got to be prepared to adjust your plan.

Halfway to your destination, a roadblock can send you miles off course. Don't give up. Show some backbone. Recalculate your journey and get moving. If you're determined, you'll get there. There may be some bumps and jolts along the way, but you'll get there.

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Fall for this light, seasonal dish

Trout with Pears, Pistachio and Dried Apricot Salsa. Before you dig into stews, try this healthy fish dinner

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Barbecue season has mostly come to an end and now it's back to the oven. Baking a delicious fish entrée is a great way to start off the fall with healthier eating habits.

Lake trout has a pink tone with a light and flaky texture. It has a mild flavour and is a lean fish that's filled with omega-3 fatty acids, which reduce heart disease, high blood pressure, high blood cholesterol and certain cancers.

It's also approved as a safe fish to eat in reference to contaminants.

FLASH FOOD

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The salsa topping brings out the flavour of the trout.

The combination of sweet pears, apricots and pistachios is perfect with this light-tasting fish.

You can also use ripe pears to replace the apples and substitute tilapia, basa, or pickerel for the trout.

Directions

1. For the salsa, lightly coat a small, nonstick skillet with cooking spray and set over medium heat. Add the pear, brown sugar and cinnamon. Sauté for about 3 minutes or until the pear is softened and begins to caramelize. Place in a small mixing bowl.

2. Add the dried apricots, onion, red pepper, pistachio nuts, olive oil, lemon juice, maple syrup and garlic. Stir to combine and set aside.

3. Dust fish with flour. Coat nonstick skillet with cooking spray, add the oil and sauté fish 8 minutes or just until cooked, turning halfway through.

4. Place the fish on a serving platter, spoon the salsa over the fish and garnish with mint.

Ingredients

Salsa
- 1 large ripe pear, peeled, cored and diced
- 1 tbsp brown sugar
- 1/2 tsp cinnamon
- 2/3 cup finely chopped dried apricots
- 1/3 cup finely chopped red onion
- 1/3 cup finely chopped roasted red pepper
- 1/4 cup chopped toasted pistachio nuts
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1/2 tsp finely chopped garlic

Fish
- 1 1/2 lb lake or salmon trout
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 3 tbsp chopped fresh mint

This recipe serves six. ROSE REISMAN

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TORONTO TRANSIT COMMISSION

Lessons from the desert

When things go awry, one must make do on the fly

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Competing in the Chilean Atacama Crossing, my first team-based extreme ultra-marathon, I learned the benefit of rapidly switching strategies.

In that event, each member of our team of three was required to run 250 kilometres, remaining within 10 metres of one another at all times

Twenty minutes into the race, we realized our team wasn't evenly matched — which meant we risked losing everything. We had an impromptu meeting while running to clear the air of each member's emotions: fury, resentment, and embarrassment.

After a colourful exchange, the conversation shifted to strategy. Now last in the team category, we agreed our fastest would lead us out, while our strongest would dedicate their race to the weak member. Basically, for every uphill or section where we struggled, our weakest member was either pulled by the hand or pushed on their back.

Four hours later on that long first-day stage, the lead team was in sight, initiating a long uphill climb.

Never expecting to see them, we were gifted with a surge of adrenaline. With three kilometres to go, pushing our weak teammate uphill, we passed them, narrowly winning by two minutes. We kept the strategy going for five more marathons and crossed the finish line hours ahead of the second-place team.

In team-based competitions or projects, when a team member can neither fulfil their role nor be replaced, everyone has to improvise in real time and willingly commit to a new role to benefit the team.

In the heat of the moment when I realized we hadn't all prepared equally, I remember being furious.

Yet, when we crossed the finish line hours later, I felt only gratitude for having played my role in a great team victory.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

A swift switch

"In team-based competitions or projects, when a team member can neither fulfil their role nor be replaced, everyone has to improvise in real time and willingly commit to a new role to benefit the team."

Going to war when your team isn't winning wastes time and energy. Focus that fervour on perfecting a new plan of action.
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When work wages war on wellbeing

Of life and labour. A sociology professor delves into the links between work, stress and health

University of Toronto professor Scott Schieman is investigating what he calls 'work-life interface'. BRIAN SUMMERS / TORSTAR NEWS SERVICE

"Why can't there be more hours in a day?"

It's a plea that rears up inside the brain, usually around 10 p.m., when the to-do list of emails, laundry, children's party invitations, the carpool schedule and a must-finish-by-tomorrow work deadline seems impossible to complete before sunrise.

It's also an entreaty that seems to have no clear answer, unless you're willing/able to forgo sleep indefinitely.

But next time you appeal to the heavens for a few extra hours, know that Scott Schieman is looking for a solution to this modern-day problem.

The University of Toronto sociology professor is investigating the links between work, stress and health using data from an ongoing national survey of some 6,000 Canadian workers. Launched in 2011, the study will conclude in 2019.

So far, Schieman, who is also conducting in-depth interviews with a group of study subjects on what he calls "work-life interface," has found that about one-third of workers report feeling overwhelmed by their jobs. About one-third of workers also say they don't have enough time in which to complete their job tasks.

"The number one thing that undermines work-life balance, or work-life fit, is feeling rushed for time — that feeling like you have too much to do and not enough time to do it in," says Schieman, who also holds a Canada Research Chair in the social contexts of health.

Schieman hopes his research will help employers and employees find solutions to this ever-increasing societal problem.

He says research has shown that people who report high levels of job pressure are more likely to experience physical and mental health problems.

Until societal solutions emerge, Schieman says one way people can reduce the feeling of being overwhelmed by their job is to look closely at whether their workload is realistic.

"Step back and reflect on the structural reasons for your workload," he says. "Is someone at work putting too much pressure on you? Is the problem stemming from how you are organizing your work schedule? Just consciousness-raising about the amount of work and the time to do it in can help pinpoint solutions."

Schieman also recommends workers find social supports to help relieve job-related pressures.

"Having support from coworkers and managers — this is a huge factor," he says, noting that supervisors who empathize with employees over work-life balance foster loyalty and create a more-committed workforce.

"It really helps having a manager who understands the importance of work-life fit."

Since autumn brings with it that back-to-school, back-to-work mindset, Torstar News Service asked two busy professionals to share their challenges, and solutions, to finding that elusive work-life balance.

TORSTAR NEWS SERVICE

Taking time to find time

Name: Brendan Neil

Brendan Neil

- A criminal defence lawyer based in Halton, Ont., Neil is married and has a 17-year-old daughter. He works between 80 and 100 hours a week. He sleeps between three and six hours a night.
- Neil makes time for activities that help him relieve stress, including running, going to the gym and teaching a scuba diving class.

Challenges: For Neil, managing his often overscheduled calendar is an ongoing dilemma.

- In his profession, clients may call in the middle of the night requesting his help. He also never knows when a trial may get extended, pushing a neatly scheduled calendar into disarray.
- "This year has been especially rough," he says. "My family went away five times and I had to stay home."

Solutions: Neil plans every aspect of his life since his work can easily take over all available hours.

- "You have to schedule and prioritize the important things in life, including family time and time for yourself," he says. "If you don't schedule it, you will find that you won't have time for it."
- "My advice is to plug it all in your calendar or it will all slip by the wayside."

Sacrificing sleep for work

Name: Alison Kramer

Alison Kramer

- Life, in brief: A writer, content creator, and former entrepreneur, Kramer lives in Oakville, Ont., with her life and business partner, Scott Stratten, president of Un-Marketing. Their house is home to four children (they're a blended family) ranging in age from eight to 13.
- Kramer, whose most recent project with Stratten is the book UnSelling: The new customer experience, says she works whatever hours are needed to meet a deadline.
- The hours that Kramer sleeps, however, rarely change. "I get five hours a night," she says. "Sleep is one of those things I've never gotten very much of. I believe in finding extra hours in the day. I believe they exist."

Challenges: For Kramer, being a writer and content creator means that she can work anytime, anyplace to meet deadlines.

- This kind of flexibility is one of the reasons she walked away from her small business two years ago. It also means Kramer has to work hard to prevent work from bleeding into family life.

Solutions: Kramer aims to find balance each day.

- "I can be home and writing and still leave for half an hour to pick up someone from school who is sick. I have a lot of flexibility and I think that's a privilege."

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Jays hang up hats on disappointing 2014

'We didn't achieve our goals.' Toronto reflects on the season that was and looks forward to 2015

The Blue Jays' R.A. Dickey delivers a pitch against the Orioles on Sunday at Rogers Centre. The Jays ended their season with a 1-0 loss. TOM SZCZERBOWSKI/GETTY IMAGES

Frustrating. Entertaining. Disappointing.

The Toronto Blue Jays wrapped up yet another roller-coaster season Sunday rife with emotion.

"We were an entertaining team," manager John Gibbons said before the season-ending 1-0 loss to Baltimore. "A frustrating team but very entertaining. I think we gave our fans some pretty good entertainment along the way. But in saying that, too, we're all disappointed."

Toronto finished the season at a 83-79 record, falling into third in the American League East on the last day as the Yankees (84-78) moved ahead with a win. The Jays finished 13 games behind the Orioles.

The Jays were 38-24, six games atop the division, on June 6 — fuelled in large part by a 21-9 May (a .700 record for the month).

If May was the peak, August was the valley. The team slumped to a 9-17 record (.346) with Adam Lind, Edwin Encarnacion and Brett Lawrie missing chunks of action with injuries.

Pitcher R.A. Dickey talked of the need for consistency.

"We need to figure out how we can consistently be better," he said. "How can we have the May that we did in multiple months and how do we eliminate the August that we had?"

General manager Alex Anthopoulos also said the team fell short.

"We didn't achieve our goals. That goes without saying," he said.

"It's more disheartening this season, I felt like we were close. Obviously we were there the bulk of the year," he added.

Anthopoulos repeated his confidence in Gibbons, who has a rolling contract that kicks in every Jan. 1.

The team will have to dig deep into its pocket to re-sign left-fielder Melky Cabrera and needs to solve question marks in centre-field, second base and the bullpen. The bench and defence also need upgrades.

THE CANADIAN PRESS

Quoted

"If something like our five-year policy was a problem, I'm pretty sure I would have been told that already, and it doesn't look to be the case."

Blue Jays GM Alex Anthopoulos on refusing to sign players to contracts longer than five years.

The 11th hour

A's advance to playoffs for third straight season

The Oakland Athletics finally clinched their third consecutive playoff berth — on the last day of the regular season after a prolonged slump.

Sonny Gray threw a six-hitter to win for the first time in five September starts, Josh Reddick had an RBI triple and Oakland beat the Texas Rangers 4-0 Sunday to clinch the American League's second wild card.

The A's lost 30 of their previous 45 games before winning game No. 162. They play the win-or-go-home wild-card game Tuesday night at Kansas City, which won five of the seven games in the season series against Oakland (88-74).

The A's won the AL West title the past two seasons. THE ASSOCIATED PRESS

Playoffs at a glance

- **Division champions:**
  American League:
  East — Baltimore Orioles
  Central — Detroit Tigers
  West — Los Angeles Angels
  National League:
  East — Washington Nationals
  Central — St. Louis Cardinals
  West — Los Angeles Dodgers
- **Wild cards:**
  AL — Kansas City Royals, Oakland Athletics
  NL — Pittsburgh Pirates, San Francisco Giants

Nationals. Diving catch saves no-hitter

Nationals pitcher Jordan Zimmermann celebrates his no-hitter with Steven Souza Jr. on Sunday in Washington. MITCHELL LAYTON/GETTY IMAGES

Jordan Zimmermann pitched the first no-hitter for the Washington Nationals, the gem preserved when defensive replacement Steven Souza Jr. made a diving catch in left field for the final out in a 1-0 victory over the Miami Marlins in a regular-season finale Sunday.

Zimmermann (14-5) allowed only two baserunners, finishing with 10 strikeouts and one walk in the fifth no-hitter in the majors this year.

Christian Yelich almost wrecked Zimmermann's bid with two outs in the ninth inning. He sent a long drive to left-centre, and Zimmermann leaned his head back and winced, thinking his no-hitter was lost.

But Souza, who made his big-league debut this year and took over for Ryan Zimmerman to begin the ninth, ran hard into the gap, extended his glove and leaped for the sensational catch. Souza used his bare hand to squeeze the ball in his mitt as he fell.

Souza hopped up and punched the air. Zimmermann, watching from the mound, raised both arms overhead and pumped his right fist.

"I thought that was a double for sure, and here he comes out of nowhere and makes the play," Zimmermann said.

It was the fifth time there has been a no-hitter on the final day of the season.

THE ASSOCIATED PRESS

Paying re2pect to an icon

The Yankees' Derek Jeter played the final game of his career against the Red Sox on Sunday in Boston. Scan the image with the Metro News app to see how baseball bid farewell to the longtime Yankees captain. ELISE AMENDOLA/THE ASSOCIATED PRESS

metro AR

Pre-season victory leaves Leafs limping

NHL. Forward Booth and blue-liner Franson fall in shootout win over Sabres

Maple Leafs goalie Jonathan Bernier stretches out for the save against Sabres forward Nicolas Deslauriers on Sunday night at Air Canada Centre.
TARA WALTON/TORSTAR NEWS SERVICE

Peter Holland scored the shootout winner in the fifth round as the Toronto Maple Leafs edged the Buffalo Sabres 3-2 on Sunday in an injury-filled pre-season game.

The Leafs (4-1-1) lost both defenceman Cody Franson and forward David Booth to injuries in the win, while the Sabres (1-2-1) lost forwards Johan Larsson and Patrick Kaleta.

Jonathan Bernier made 36 saves for the win while Andrey Makarov stopped 26 shots for Buffalo.

Mikhail Grigorenko and Nicolas Deslauriers gave the Sabres a 2-0 second-period lead.

Sunday marked the first time the Leafs' top line of James van Riemsdyk, Phil Kessel and Tyler Bozak skated as a unit in the pre-season and they didn't disappoint. Kessel got Toronto on the board in the second period with his first of the pre-season. Van Riemsdyk tied it 2-2 midway through the third with a power-play goal.

Franson appeared to injure his left leg after he was shoved from behind by Sabres forward Torrey Mitchell behind the Toronto net at 11:15 of the third.

Toronto also announced that Booth suffered a lower-body injury and would not return.

THE CANADIAN PRESS

Packers unfazed by Bears

Green Bay receiver Jordy Nelson makes a touchdown catch while absorbing a hit from the Bears' Tim Jennings on Sunday in Chicago. Aaron Rodgers threw for 302 yards and four touchdowns, and Green Bay cruised to a 38-17 victory over the Bears. JONATHAN DANIEL/GETTY IMAGES

Golf

Europe dominant in latest Ryder Cup victory

The tone was set by Rory McIlroy, the best player in the world. The winning shot came from Jamie Donaldson, a Ryder Cup rookie.

Rory McIlroy
GETTY IMAGES

Europe added another layer to its Ryder Cup dominance on Sunday by leaving no doubt who had the best team. Behind two early comebacks that showed its resolve, Europe clinched the cup with four matches still on the course.

With a 16-1/2 to 11-1/2 victory, Europe kept that gold trophy for the eighth time in the last 10 tries.

Donaldson finished off the Americans with a 9-iron that settled 18 inches from the cup on the 15th hole against Keegan Bradley to set off the celebration.

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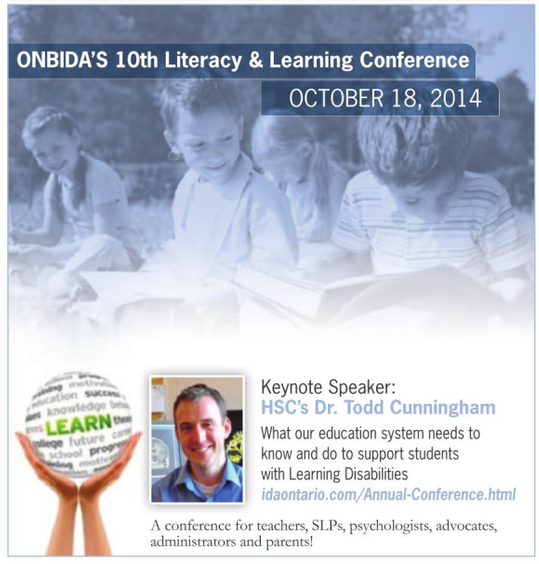

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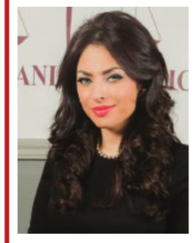

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Tough decisions will need to be made this week. Don't let others know what you're planning. It'll be easier to make changes if you don't have to explain yourself.

♉ Taurus
April 21 - May 21
If a friend or co-worker tries to turn each chat you have into a conversation about them, you must let them know it's getting a little bit boring.

♊ Gemini
May 22 - June 21
A completely unexpected event will throw you off your stride today but that's OK. You will still be heading in roughly the right direction and if you get there a bit later, it's no big deal.

♋ Cancer
June 22 - July 23
You seem impatient to get rid of something that has been central in your life for years. It may appear to have outlived its usefulness but the planets indicate there is something important it can still do for you.

♌ Leo
July 24 - Aug. 23
Let fate take its course over the next two or three days and don't try to force an issue that will most likely resolve itself.

♍ Virgo
Aug. 24 - Sept. 23
Make the effort to visit people and places you have not seen in a while. The more you are on the move today the more likely it is you will make contacts who could be useful.

♎ Libra
Sept. 24 - Oct. 23
There has been a great deal of tension in your life of late but with Venus, your ruler, moving into your sign today, expect things to be more relaxed.

♏ Scorpio
Oct. 24 - Nov. 22
What would you change in your life if you knew you had the power to make it happen? Whatever it is, start thinking and feeling as if it will do whatever you tell it to do.

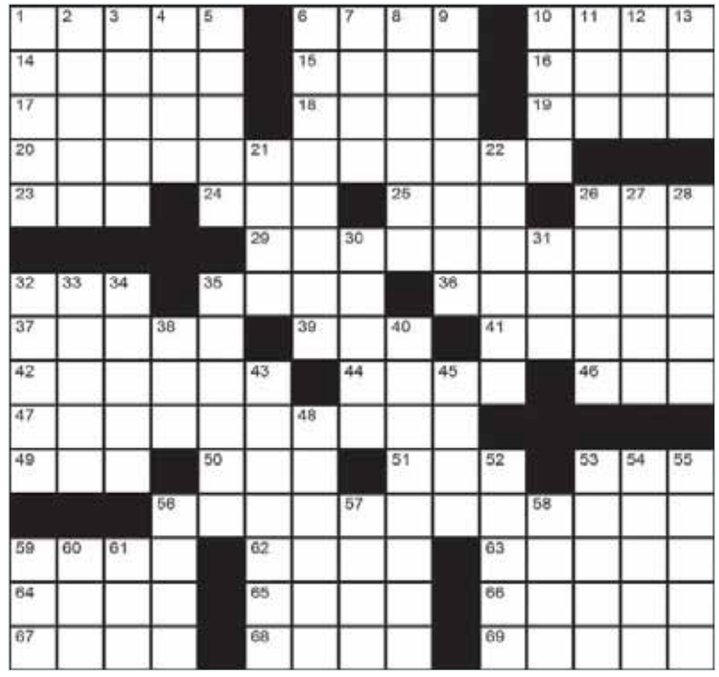
♐ Sagittarius
Nov. 23 - Dec. 21
Are you motivated by hope or by fear? As a larger-than-life Sag it's more likely to be the former but there are still times when worry gets on top of you. Count and celeberate your blessings.

♑ Capricorn
Dec. 22 - Jan. 20
Exciting things are happening in your life and most likely you will be making serious gains between now and the end of the week. Career opportunities will come knocking. Open up!

♒ Aquarius
Jan. 21 - Feb. 19
Things might be calm on the surface but your instincts tell you that behind the scenes major changes are taking place. It is all part of the bigger plan to make your life more fulfilling.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the wealth area of your chart warns you to keep an eye on your finances. Help people only if you can.

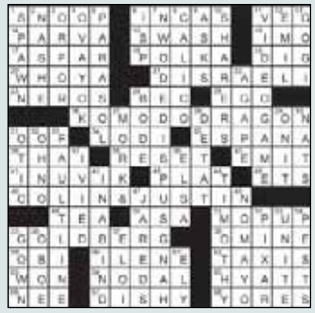
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Showbiz sketches
6. By-the-phone items
10. Campus house, e.g.
14. It's stored in the Aron Kodesh
15. Actor Michael
16. Hurt human's holler!
17. Aroma
18. NYC artsy attraction
19. To, archaically
20. Wyatt Earp advertisement: 2 wds.
23. Sun's spot
24. Supermodel, Alek __
25. HTTP's home
26. Alphabetic trio
29. Hit for Canadian songstress Amanda Marshall
32. Dept. head
35. French film
36. Like sponges
37. "There __ __ words." (I'm speechless)
39. Stevie Wonder's "__ Duke"
41. Explorer's course
42. The Barber of Seville role
44. Ms. DioGuardi
46. Allow
47. Veiled hauntress of #56-Across: 2 wds.
49. Antiquity
50. Tony-winner Ms. Allen
51. Q. "__ '_' the Alphabet's second letter?" A. "Indeed."
53. Mideast fed.
56. Rockies retreat where #47-Across is said to roam, The Fairmont ___ ___ Hotel
59. Washstand container
62. "Buenos __!"
63. Whitney Houston's "__ __ Once"
64. Ms. Sorvino
65. "It just bothers me __ __ many levels."
66. "How Do _ __" by LeAnn Rimes
67. Impediment
68. Aquarium fish, __ Tetra
69. Dissuade

Down
1. Packs away
2. Imaging company
3. Tale's twist
4. Stretched tight
5. The Taming of the __
6. Autumn sights
7. 'Buck' add-on
8. Appetizing sampling of Chinese cuisine: 2 wds.
9. Cruise on the Caribbean: 2 wds.
10. "__ Weddings Canada"
11. Nylons problem
12. Perform
13. Even if, briefly
21. Ms. Mazar
22. Alberta village, 'The Friendly Community'
26. Grave snatcher
27. Fashion: __ couture
28. Lotto winner's musing, "__ __ for life!"
30. Flow-of-energy therapy
31. Miracle-__ (Gardening product)
32. Cartoon mommy
33. Foo Fighters singer Dave
34. Lay grassy rolls again
35. Iran-__ Affair (1980s political scandal)
38. '_' __ for Nanaimo
40. Hotel chain; or, French explorer to Canada, Pierre-Esprit __ (b.1636 - d.1710)
43. Desert
45. Aretha Franklin's signature song part: "_-_-_-_-E-C-T / Find out what it means to me."
48. Polish
52. Twisty-turned tress
53. Without illumination
54. Succulent plant
55. Compound in perfume
56. Boast
57. Burkina __ (Nation in West Africa)
58. Latin pronoun
59. 911-respondents, e.g.
60. Succeed
61. '72 feminist cause

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8		2		7		1	4	
	7	6						
			8					2
7		8	2					
4			1		3			7
					8	5		9
5					1			
						6	5	
	3	1		5		2		4

Friday's Sudoku

5	4	8	7	1	2	6	9	3
1	3	2	9	8	6	4	7	5
7	9	6	5	4	3	2	1	8
3	6	5	1	2	4	9	8	7
2	8	9	3	7	5	1	4	6
4	7	1	8	6	9	3	5	2
9	1	3	6	5	7	8	2	4
8	2	7	4	3	1	5	6	9
6	5	4	2	9	8	7	3	1

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